

mended immunization of children as the primary and most feasible approach to achieve the control of rubella in the United States over the next few years. As more data on long-term duration of immunity are obtained, recommendations for follow-up immunizations can be developed if needed.

Up to March, 1970, a total of almost 6 million children had been immunized through public and community programs alone and no adverse effects were observed. Continuing intensive surveillance of the occurrence of clinical rubella, congenital infections and careful long-term follow-up of immunized groups is essential to monitor any possible vaccine reactions, failures or other problems that may arise. The prevention of the devastating effects on the fetus of intrauterine infections by this virus now appears possible, but success of this undertaking in preventive medicine will require the intensive and coordinated efforts of private, public and volunteer groups to achieve significant results without unnecessary delay.

JAMES CHIN, M.D.

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Cytologic Examination For Cervical Cancer

Systematic application of annual cytologic examinations for cervical cancer can reduce mortality from this disease by 90 percent. Yet this potential has never been approached, for a variety of sociologic, economic and technical reasons.

It is now apparent that non-physician personnel can be used effectively for the detection of cervical cancer. Emphasis on the technologic development of automated cytologic screening devices may now allow the application of this truly effective cancer detection method.

M. B. SHIMKIN, M.D.

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Nutrition

Though our country has an unprecedented affluence, the distribution of resources and education are such that poor nutrition takes a fantastic toll of our people. This is seen in the extremely poor dietary pattern of the well-to-do, 40 percent of whose caloric intake is in the form of fats, a high percentage of them saturated fats. Though the quality of their protein and the selection of fresh and frozen vegetables and fruits has never before been so varied, it is increasingly difficult for anyone in our country to get a clear picture of what he is eating because of poor labeling of foods and the use of food additives and preservatives which have unknown potentialities insofar as health is concerned. The poor, the ignorant and the ordinary families are at the mercy of producers. Nutrition in the United States opens up a whole new vista of prevention which demands attention from the medical profession.

RICHARD T. WALDEN, M.D.

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X-ray Mammography And Thermography In Breast Cancer

It now seems established that a systematic search for breast cancer in women, by means of clinical examination plus x-ray mammography, will result in detection of neoplasms with a significantly higher proportion at a localized stage. An improvement of 25 percent in five-year survival is thus feasible. Recently, xerography and senography have improved the quality of the x-ray studies. Thermography, however, still remains in an investigative phase.

X-ray mammography should be a routine procedure for the detection of breast cancer. This is

especially true of women from high-risk groups, such as those with previous mastectomy or with fibrocystic disease, and milliparous women with family history of breast cancer.

M. B. SHIMKIN, M.D.

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Pregnant Teenagers

The teenage girl who is pregnant faces very serious problems and needs the sympathetic assistance of physicians. The medical problem involves

diagnosis of pregnancy and decision as to whether the patient should have an abortion or continue her pregnancy. If she elects to continue the pregnancy, plans must be developed for the care of the baby by the pregnant girl herself or by her family or through adoption.

New legislation on therapeutic abortions poses new and difficult decisions for physicians. It is also important that the emotional stability of the patient be protected, that her schooling be continued if possible, and that parental help and understanding be enlisted if the decision is made to continue pregnancy.

Health departments throughout the state are faced with this problem and many stand ready to assist the physician in dealing with it.

H. D. CHOPE, M.D., DR. P.H.

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